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Second: Wise investments with our aid;
Third: Appoint this Company executor and trustee in your will.

There are many ways of fulfilling that obligation, but the best way is through thrift. Lay aside a certain sum each week in a Savings Account with us and we will add 3% interest. Invest some of the savings in safe bonds. Then you can feel secure regarding your family's future.

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The most scientific polish made for furniture, woodwork and floors. It dries quickly, without stickiness, and gives surface a brilliant and very permanent polish.

Four-ounce bottle..... 30c
Twelve-ounce bottle..... 60c
Quart Can..... \$1.25
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Keeps floors looking well, because it not only cleans them, but gives them a hard, dry, brilliant luster. The secret of the effectiveness of Wizard Mop is its treatment with Wizard Polish, the cleansing polish. Wizard Mops are built for durability; have adjustable handle; are easily renewed. Prices, \$1.50, \$2.00 and \$2.50.

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Prevents dust from arising while sweeping. Cleans wonderfully; brightens the colors in rugs and carpets. Free from injurious substances. A very great aid to sweeping. Price, 40c.

WIZARD WALL DUSTER

Made of the best yarn, chemically treated to gather dust from walls, moldings, picture frames, etc. The chemical treatment is permanent. Washing does not affect. 60-inch handle.

Price, \$1.75 and \$2.25.

How About Your Danger Zone?

You've got it—every human being is born with it—your large intestine, or colon. It is a long, muscular tube—intended to collect food waste and remove it from the body.

Plug it up with waste, neglect it, and you're sick on your feet. The food waste stagnates, undergoes decay, fermentation and germ action.

Allow constipation to become established, and you are liable to become definitely and miserably sick—and not on your feet either.

Pills, castor oil, laxative waters and salts only force and irritate the bowels and make constipation a habit.

Nujol works on an entirely new principle. Instead of forcing or irritating the system, it simply softens the food waste. This enables the many tiny muscles in the walls of the intestines, contracting and expanding in their normal way, to squeeze the food waste along so that it passes naturally out of the system.

Nujol thus prevents constipation because it helps Nature maintain easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world.

Nujol is absolutely harmless and pleasant to take. Try it.

Nujol is sold by all druggists in sealed bottles only, bearing Nujol Trade Mark. Write Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York, for booklet "Thirty Feet of Danger".

The Modern Method of Treating an Old Complaint



Nujol
For Constipation

Costa Rica Is a Good Example Of Country of "Little Landers"

Costa Rica, mentioned in press dispatches as involved with Panama in the latest Central American boundary dispute, is described in the following bulletin issued from the headquarters of the National Geographic Society:

"Costa Rica constitutes one of the best demonstrations to be found among the republics of the new world that a country's development may be strikingly affected by geography and economics. Most of the other Latin American countries were built up on the basis of the labor of large numbers of natives, and with this assistance they have utilized considerable areas. Costa Rica has had to depend since colonial times largely on the labor of its colonists of European descent, and the development of the country has been in a restricted territory. In most of the other Latin American countries there has been a marked admixture of the blood of the Spanish settlers with that of the native Indians, but since the few Indians in the part of Costa Rica settled by the Spaniards were practically exterminated at an early date, the population of that republic has remained predominantly European.

Borderlands Nearly Deserted.
"Because of these fundamental economic differences, and because also of geographical isolation for a long period, Costa Rica differs in many ways from its neighbors. The republic is more than twice the size of Belgium and approximately equal in area to West Virginia, but practically the government is that of the people, concentrated on a mountain-fringed plateau in the center of the country, not much over fifty miles square. The great majority of the half million inhabitants live on this small plateau. Next in importance are the sections which, added to this central area, would make a narrow band across the country from Atlantic to Pacific. Even this belt of greatest population constitutes hardly a quarter of the area of Costa Rica. The regions bordering Nicaragua on the northwest and Panama on the southeast are almost uninhabited except for the few Indians living there. The central plateau, which is the heart of Costa Rica, has a rich soil and a climate described as that of perpetual spring. It is from 3,000 to 4,000 feet above sea level. When the early settlers established themselves in this promising country they could not live in cities and receive the tribute of many workers, but found it necessary to do their own work. Their situation was not unlike that of the North American pioneers of the middle west. As a result the Costa Ricans acquired habits of industry that have stuck with them until today.

Lacks Huge Estates.
"Costa Rica has always been a country of 'little landers' as contrasted with the countries of huge estates about it. The early colonists had a most difficult time making a living in their isolated position. They were cut off from commercial intercourse with the Atlantic by the lowland jungles to the northeast, and less effectively by mountains and upland plains from the Pacific. They had no products sufficiently valuable to export even if commercial channels had been available. It was necessary to live almost wholly on their own products. They became poverty stricken; and the name Costa Rica, which means 'rich coast,' came to be regarded as a joke. The introduction of coffee early in the nineteenth century had much to do with bettering the country's prosperity. A cart road from the plateau to a Pacific port was constructed in 1846 and coffee exports grew steadily. The central plateau became more and more densely populated and now almost every square foot of it is devoted to small

farms. A high percentage of Costa Ricans are landowners. Naturally, this has made for comparative stability in government, and Costa Rica has had fewer civil wars than most of the Central American governments, but it has not been altogether free from military coups.

"In the last thirty years especially Costa Rica has shown great development. The poverty-stricken community of early days has been transformed into one of great prosperity. A great banana industry has sprung up in the hot, moist Atlantic lowlands. None of the fruit was exported a quarter century ago; now more than ten million bunches are sent out each year, mostly to the United States. But it is of the social advance that has been made along with the coming of prosperity that Costa Rica has the best right to be proud. Isolation and poverty had imposed a high rate of illiteracy a century ago. Now illiterate persons are difficult to find, except among the few semi-civilized natives of the outlying regions. Newspapers go into practically every home in the plateau. While Costa Rica has a standing army, it is small, and Costa Ricans claim that in recent years they have had more school teachers than soldiers."

The Spaniards have a saying that a wife should resemble three things, and yet differ from these same things. First, she should be like a snail, which always guards its house, but she should not carry the house with her whenever she goes out. Second, she should be like an echo, which speaks only after the other is finished, but she should not always have the last word, and last, she should be like the town clock, which always sounds the hours with regularity, but she should not sound so loud that the whole town shall hear it.

BERLIN DEMONSTRATION TO STIR ANTI-SEMITISM

Event Scheduled for Next Sunday to Be Also Protest Against Reparations Rupture.

BERLIN, March 15 (Jewish Telegraphic Agency).—Preparations are being made for a huge anti-Semitic demonstration, to be held here Sunday. The demonstration, it is reported, also will be in the nature of a protest against the rupture of the reparations conference in London. Jewish students attending a lecture in Munich were dispersed by anti-



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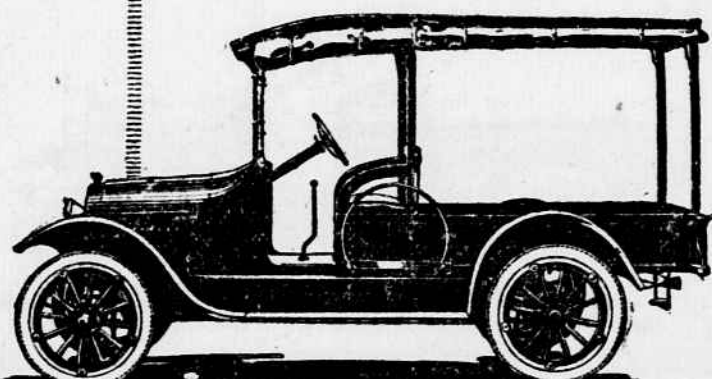
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Semitic demonstrators, says a dispatch from the Bavarian capital.

A tendency to write a capital letter M of unusually large size is said to be an infallible indication of nervous derangement.



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Do You Live In An Apartment House?

If so, and you desire your name to appear in the Washington Telephone Directory in connection with the telephone number of the apartment house private branch exchange, we would suggest that you get in touch immediately with the apartment house owner or agent and arrange the matter with him.

We cannot accept listings directly from tenants, except in connection with telephones not connected with the apartment house private branch exchange.

Our next issue of the Washington Telephone Directory goes to press on March 23. Copy for changes in listing or additional listings must be in our office before that date.

The Chesapeake and Potomac Telephone Company

Charles T. Clagett, Division Manager

In China

The saying is:

"It is better to see a man once than to hear about him a thousand times."

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P-B Spring Suits

SEE them once, you will care to hear of no other.

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White and colored and stipple stripes over blue, black and brown finished and unfinished worsteds and flannels.

\$35 to \$50

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Serges, unfinished worsteds and flannels.

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In gray and tan worsteds and cashmeres. The new tan shade is very good for Spring.

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Light and dark rich grays in cashmeres.

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